

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 12-16-08)

Visit us at www.fns.usda.gov/fdd

B477 – SUNFLOWER SEED BUTTER, 5 LB

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Sunflower seed butter is a spread made from sunflower seeds. It is a source of protein and is low in saturated fat. Sunflower seed butter is similar to peanut butter in taste and texture and can be used as a substitute for peanut butter for most persons with peanut allergy.
PACK/YIELD	<ul style="list-style-type: none"> 6/5 lb cans per case. One 5 lb can AP yields about 9 cups sunflower seed butter and provides about 72.0 2-Tbsp servings sunflower seed butter. One lb AP yields about 1.8 cups sunflower seed butter and provides about 14.4 2-Tbsp servings sunflower seed butter. CN Crediting: 2 Tbsp sunflower seed butter provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store sunflower seed butter in a cool, dry place. Avoid freezing and hot temperatures. Store opened containers tightly covered in refrigerated storage. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Sunflower seed butter, salt added

	2 Tbsp (32 g)	¼ cup (65 g)
Calories	185	373
Protein	6.29 g	12.68 g
Carbohydrate	8.77 g	17.69 g
Dietary Fiber	N/A	N/A
Sugars	N/A	N/A
Total Fat	15.27 g	30.79 g
Saturated Fat	1.60 g	3.23 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	1.52 mg	3.06 mg
Calcium	39 mg	79 mg
Sodium	166 mg	335 mg
Magnesium	118 mg	238 mg
Potassium	23 mg	46 mg
Vitamin A	17 IU	34 IU
Vitamin A	1 RAE	2 RAE
Vitamin C	0.9 mg	1.7 mg
Vitamin E	N/A	N/A

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Ready to serve.
USES AND TIPS	<ul style="list-style-type: none"> • Sunflower seed butter can be used in sandwiches, in snacks such as stuffed celery and in recipes as an alternative to peanut butter.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.